


GROUP EXERCISE DECEMBER SCHEDULE 2013

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Cycle & ABS (CTC) April (15)		Cycle & ABS (CTC) April (15)		
6:00am						
8:15am						Yoga * Riley (30) Cycle Jam (CTC) Julia J (15)
8:30am	Gentle Yoga* Riley (30) Circuit Express (30 minutes)	Circuit Express (30 minutes)	Pilates* Riley (30) Circuit Express (30 minutes)	Circuit Express (30 minutes)	Yoga* Riley (30) TBC Toy Box ** Julie B (12) Circuit Express (30 minutes)	
9:00am	SilverSneakers® Classic (ge) Jill (50)	Zumba® (ge) Erin (125) Ultimate Conditioning * Julia J (25)	SilverSneakers® Classic (ge) Julie(50)	Zumba® (ge) Erin (125) Total Body Plus* Julia J (25)		
9:30am	HIIT* Jackie (24)		Yoga** Riley (17) Step II* Jackie (22)		Cardio Sculpt * Jackie (24) Senior Total Body Conditioning (ge) Julie B (40)	Step* 2nd & 4th Saturday Jackie (22) Cardio Kickboxing * 1st & 3rd Saturday Roberta (22)
10:30am	Pump It Up* Julie (22) Pilates ** Jill (16)	Pilates * Riley (30)	Body Defined* Julie B (25)		Beyond Barre* Jackie (25)	Beyond Barre * Roberta & Jackie (25)
11:30am						Zumba® * Magdalena (45)
4:30pm	f-AB-ulous CORE* Roberta (25)	HIIT* Roberta (25)	f-AB-ulous CORE* Roberta (25)	HIIT* Roberta (25)		SilverSneakers® – Classic Class held in east gym.
5:30pm		Beyond Barre** Monique (16)	Cardio Kickboxing * Roberta (22)			
5:45pm	Zumba * Joy (45)	Pump It Up* Roberta (22)		Pump It Up* Roberta (22)		
6:00pm	Cycle Jam (CTC) Julia J (15)	Cycle (CTC) Lynn (15)		Cycle (CTC) Lynn (15)	Zumba * Jennifer/Laura (45)	 Group Exercise classes are FREE to pass holders! *Group Exercise Studio ** Dance Studio (ge) East Gymnasium (gw) West Gymnasium (ctc) Chandler Tennis Center Updated 11/21/13
6:30pm						
7:00pm	Challenge Yoga* Vivienne (30)	G.I.T. FIT* Julia J (30)	Challenge Yoga* Vivienne (30)	Yoga* Maryam (30)	Total Body Conditioning, Cardio Sculpt & Pump It Up Classes require set up. Be sure to arrive early to set up equipment. Class fills up quickly.	
8:00pm	Zumba® Toning (gw) Laura (125)	Zumba® (gw) Erika (125)	Zumba® (gw) Jennifer (125)	Zumba® (gw) Alicia (125)		

Closed on December 25th. Holiday hours 7am-5pm on December 24th & 31st.

Class maximums are listed in () next to instructor name. Schedule may change depending on instructor availability and attendance.

CLASS DESCRIPTIONS-All classes are 55 minutes, except for circuit classes (30 minutes)

Beyond Barre-This barre class focuses on the body's ability to lengthen muscles against gravity and apply functional movements to sculpt & strengthen your legs, glutes & core. You do not have to be a dancer to appreciate the movement of barre training.

Body Defined- A non-aerobic class designed to give you results by sculpting & shaping muscles, using a variety of equipment (Resist-a-Balls, weights & bands) while challenging all major muscle groups.

Cardio Kickboxing-A combination of drills, boxing combinations, plyometrics, body weight exercises and intervals. This cardio class is designed to challenge the entire body giving you a full body workout.

Cardio Sculpt- This class will give you a combination of intervals for strength & cardiovascular workout using weights, bands & steps. Burn fat & strengthen your muscles!

Challenge Yoga- A fitness based workout incorporating sun salutations, basic yoga poses with advanced postures & upbeat modern music. This class can be modified for the beginner as well as the established yogi. Bring a gym towel, water & a great attitude!

Circuit Express- If you are short on time or just need that extra push to get you working out again, then this class is for you! The class is designed to get you a cardiovascular & muscle conditioning workout in 30 minutes by taking you from one circuit machine to the next to fun & motivating music.

Cycle- Group cycling is an awesome way to burn fat, increase strength & improve cardio fitness. Every ride is different than the last journey through hills, flats & mountains; learn how to push through adversity, work in your optimum fat burning zone. The use of Heart Rate Monitors is strongly recommended. Water bottles are mandatory! Limited # of bikes available. **If you are new to Cycle, please allow 10 minutes before class to set up your bike.**

Cycle Jam- Fun, exhilarating Cycle Jam sessions will take your indoor cycling workout to new levels. Torch calories with great heart-pumping music and energetic classes that will keep you coming back for more! CYCLE AM-The morning CYCLE classes incorporate abdominal & interval training into the cycling adventure. Limited # of bikes available.

f-AB-ulous CORE- More than just abdominal work, this class will focus on training the muscles that stabilize the spine & pelvis using a variety of equipment & your own body weight. This class combination of strength, balance, agility & flexibility will challenge you & strengthen your CORE!

Gentle Yoga- Ideal for anyone new to yoga or just needing a more gentle practice. It's calming, yet exhilarating yoga sequence's linking breath and movement designed to help build strength, increase flexibility & improve balance. Be prepared to let go & move without judgment or competition. Traditional Yoga playlist. All levels welcome.

G.I.T. FIT (Group Interval Training) G.I.T. Fit stands for Group Interval Training Fitness. The multifaceted routines in this popular and trending workout integrate aerobic and anaerobic intervals. Cardio intervals are designed to boost metabolism, burn lots of calories & improve cardiovascular health. Whether you're a beginner to the world of exercise or a seasoned enthusiast, you will certainly elevate your fitness level in this fun, vigorous, no-equipment-needed class.

HIIT- Take your fitness to another level with HIIT (High Intensity Interval Training). This fat blasting interval training workout combines body weight exercises, plyometrics and a variety of equipment to rev up your metabolism and strengthen your muscles. HIIT uses varied work/rest intervals for a fat burning total body workout.

Pilates- This class will restore & develop core strength & stability through mat-based exercises that emphasize proper body alignment & movement awareness. Consistent attendance is encouraged.

Pump It Up-BOOST your metabolism with this 60 minute strength & conditioning class that combines intervals to challenge all the major muscle groups using a variety of equipment to sculpt & strengthen the entire body. Arrive early to set up equipment for class. To minimize class disruptions, participants are asked to arrive on time.

Step II- A low-to-moderate impact aerobics using the Step. Intermediate choreographed patterns are broken down for power & optional moves suggested for intermediate to advanced steppers.

Senior Total Body Conditioning- This class specializes in increasing strength & endurance to improve functional use in everyday activities. A fitness & healthy aging program designed to help you achieve better health through regular exercise. The Senior Strength format is a combination of aerobic, flexibility and resistance (strength) training.

SilverSneakers® – Classic- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

TBC Toy Box- Enjoy a smorgasbord for your muscles with this full body workout that incorporates unique pieces of equipment like the BOSU ball, Stability Ball, Gliding Discs, Flex Body Bar, Medicine Balls and more. Come ready to try a little bit of everything to strengthen and shape your muscles.

Total Body Plus- Each week you'll find new and challenging ways to build & improve muscle strength, function & flexibility using your entire body all at once. You'll use all kinds of exercise tools or no equipment at all! This total body functional training class is a complete unique workout that will help you attain fitness levels you've never seen before.

Ultimate Conditioning-Get it ALL in this cardio interval class designed to bump up your aerobic fitness. Recovery intervals of strength and conditioning will be sprinkled in to strengthen muscles. Lose weight, build endurance, improve aerobic capacity, gain strength and feel better in this stimulating, high energy class that will give you the ultimate in total fitness conditioning!

Yoga-Enjoy an energetic flow class linking breath & movement through a creative, flowing sequence developing strength, balance, flexibility & endurance. In this Vinyasa style flow class there is a great sense of fluidity & opening, with the focus on awareness as well as alignment. Practitioners of all levels will discover the power of moving with intention and grace. Music is typically incorporated & playlists vary. All levels welcome. Yoga sticky mats provided.

Zumba- This hour class incorporates footwork and body movements from Salsa, Flamenco, Samba and Reggaeton dances all while providing a fun and effective cardio class.

Zumba Toning-When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.